

# 3 Items to Prepare for Your Hospitalization

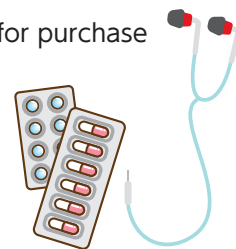


## Everyday items to prepare

- Sleepwear, pajamas
- Underwear
- Toiletries (toothpaste, toothbrush)
- Soap
- Shampoo
- Hairbrush, comb
- Hand towel
- Bath towel
- Tissue paper
- Footwear that covers the heels (shoes)(for fall prevention) (see page 6)
- Denture case, eyeglass case (if necessary)
- Chopsticks



- Spoon
- Cup with handle (Do not bring fragile items such as glassware or ceramics.)
- Feeding cup (patients undergoing surgery)
- Water bottle (if necessary)
- Medicines you are currently taking and their instructions for use (see page 5) (documents showing the names of medicines such as a medicine notebook and instructions for use)
- Earphones (For TV use) (also available for purchase at our hospital store)
- Clock or watch
- Hospitalization Guide (this brochure)
- Writing materials
- Other necessary everyday items



※A trash can is provided at each bedside.  
 ※Our hospital has adopted a rental system (paid service) for linens and apparel such as hospital gowns and towels to ease the burden on patients and their families of preparing and washing items necessary for hospitalization. (The pediatric ward is excluded from this service.) We accept requests at the Reception desk for rental hospitalization items located next to the escalator on the 1st floor.

**[To contact us by phone]**

Amenity Co., Ltd. Customer Support Center: 0120-918-859

(Business hours: 9:30 a.m. – 5:00 p.m., closed Saturdays, Sundays, and holidays)

## Prohibited items

- Please refrain from using devices such as electrical appliances in the hospital room. Please use the refrigerator and TV provided. (A TV card is required.)
- Fresh flowers (not permitted in order to prevent infection)
- Pets and other animals

## Important notes

- Keep your baggage to a minimum since we have limited space for storage.
- Please refrain from using suitcases and trolley bags that cannot be folded up since we have no space available.
- Be sure to bring this Hospitalization Guide with you upon admission.
- A tea dispenser installed in each hospital ward is available for use.
- You can rent post-surgery gowns used during surgery for ¥300 per piece in your hospital ward (some wards excluded) upon request by filling out a consent form. If you would like this, please contact your medical department.

## Request about medicines you are bringing

- At our hospital, our pharmacists check the information about a patient's current medicines and verifies the medicine is appropriate for treatment. The medicines you bring into the hospital **may be used during your hospital stay based on the decision made by the doctor in charge.** However, there will be no change to your hospitalization expenses whether or not you take the medicines you bring in because our hospital is a DPC hospital (see page 12). Please notify your doctor upon admission if you do not wish to use the medicines you bring in during your hospital stay.

**Prepare and bring your medicines (including oral medicines, topical medicines that you usually use such as eye drops, ointments, and adhesive patches, and self-injected medicines such as insulin) according to the following procedures:**

① Please keep the medications on the sheet. Do not separate the medications. Medications that have been individually cut off the sheet may not be used.

② 7 days of medication (10 days of medication if you are scheduled to be hospitalized for more than 7 days)

If the number of days remaining varies depending on the type of medicine, bring the correct amount of medication **by adjusting** the dose to match the number of days for all medication with the medication for the fewest days.

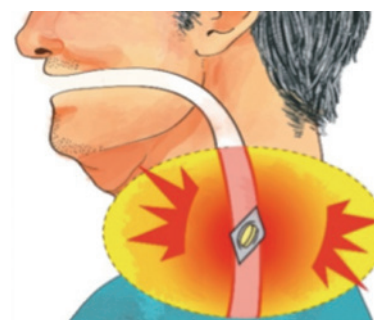
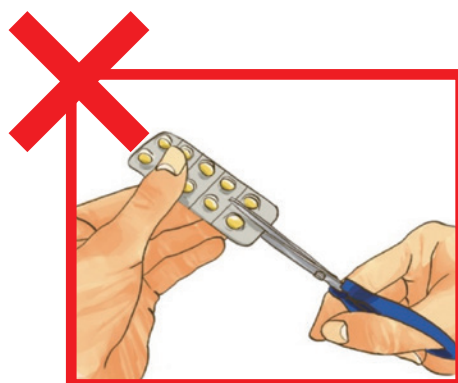


③ If you have documents such as a **medication notebook** and **instructions for taking your current medications**, be sure to bring them with you. (We ask for your cooperation so that we can check the information about your medications accurately and completely.)

**Our hospital takes measures to prevent accidental ingestion of medication packaging sheets.**

When taking a dose, remove only the tablet from the sheet. Do not separate the medication packaging sheet **into small pieces.**

Do not swallow the medication along with its packaging sheet! This can puncture and damage your throat, esophagus, and stomach!



## Footwear to use during your hospital stay

### ✓ Selecting footwear for use during admission: No slippers permitted!!

The living environment of a hospital stay is completely different from your own familiar home. Everyone is more prone to falling for the following reasons:

- Decreased physical strength and motor function
- Decreased muscular strength even while resting (staying in bed for only one day)
- Difficulty moving when receiving an IV drip or a tube is inserted into the body
- Some medications may cause dizziness.

Falls can cause conditions such as fractures and brain hemorrhage, leading to surgery, or prolonged hospitalization.

Footwear that does not cover the heels, such as slippers or sandals, cannot stabilize your ankle movement when walking.

They also cause loss of balance and instability, which makes it four to five times easier for you to fall. They are dangerous!



Footwear suitable for hospital stays

- Comfortable, shoe-style footwear that covers the heels.
- Anti-fall shoes are available for purchase at our hospital store.

Even with footwear that covers the heels.  
**walking while stepping on the area that covers the heel is just as dangerous as wearing slippers or sandals.**

**Wear footwear that covers the heels (shoes) during your hospital stay to keep yourself safe.**